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1. An anchor bracket for attaching a swimming exercise apparatus to a pool, wherein said pool includes a skim gutter and a gutter lip having an inner surface facing said skim gutter and an outer surface facing away from said skim gutter, comprising:
  - a. a rear wall, configured to be placed against said inner surface of said gutter lip;
  - b. a front wall, configured to be placed proximate said outer surface of said gutter lip;
  - c. a top wall, attaching said rear wall to said front wall;
  - d. clamping means for clamping said rear wall tightly against said inner surface of said gutter lip, so as to secure said anchor bracket to said gutter lip; and
  - e. at least one attach point, proximate said front wall, wherein said at least one attach point is configured to allow the attachment of said swimming exercise apparatus to said anchoring device.
2. An anchor bracket as recited in claim 1, wherein said clamping means comprises:
  - a. an internally threaded hole passing through said front wall in a direction approximately perpendicular to said front wall; and
  - b. a threaded shaft located within said internally threaded hole, wherein said threaded shaft has an inner extremity facing said gutter lip and an outer assembly distal to said gutter lip, so that when said threaded shaft is threaded into said hole said inner extremity bears against said outer surface of said gutter lip, thereby clamping said anchor bracket to said gutter lip.

3. An anchor bracket as recited in claim 2, wherein said threaded shaft further comprises:
  - a. a base, attached to said inner extremity and capable of rotational displacement with respect to said threaded shaft; and
  - b. a handle, attached to said outer extremity of said threaded shaft.
  
4. A swimming exercise apparatus intended to maintain a swimmer relatively stationary in a pool, wherein said pool includes a skim gutter and a gutter lip having an inner surface facing said skim gutter and an outer surface facing away from said skim gutter, comprising:
  - a. an anchor bracket, comprising:
    - i. a rear wall, configured to be placed against said inner surface of said gutter lip;
    - ii. a front wall, configured to be placed proximate said outer surface of said gutter lip;
    - iii. a top wall, attaching said rear wall to said front wall; and
    - iv. clamping means for clamping said rear wall tightly against said inner surface of said gutter lip, so as to secure said anchor bracket to said gutter lip;
  - b. a belt harness attached to said swimmer around said swimmer's waist;

- c. a flex bow, having a first end and a second end, and being placed between said front wall of said anchor bracket and said gutter lip;
  - d. a first flexible line, having a first end and a second end, wherein said first end is attached to said first end of said flex bow and said second end is connected to said belt harness; and
  - e. a second flexible line, having a first end and a second end, wherein said first end is attached to said second end of said flex bow and said second end is connected to said belt harness, so that as said swimmer attempts to swim away from said anchor bracket said first and second flexible lines are placed in tension, said flex bow is drawn against said front wall of said anchor bracket, and said flex bow begins to bow.
5. The device as recited in claim 6, wherein said flex bow is a long slender rod, capable of bending substantially without undergoing plastic deformation.

6. A swimming exercise apparatus intended to maintain a swimmer relatively stationary in a pool, wherein said pool includes a skim gutter and a gutter lip having an inner surface facing said skim gutter and an outer surface facing away from said skim gutter, comprising:

- a. an anchor bracket, comprising:
  - i. a rear wall, configured to be placed against said inner surface of said gutter lip;
  - ii. a front wall, configured to be placed proximate said outer surface of said gutter lip;
  - iii. a top wall, attaching said rear wall to said front wall;
  - iv. clamping means for clamping said rear wall tightly against said inner surface of said gutter lip, so as to secure said anchor bracket to said gutter lip; and
  - v. a first attach point, affixed to said front wall;
- b. a belt harness attached to said swimmer around said swimmer's waist; and
- c. a first harness leader, having a first end and a second end, wherein said first end is attached to said first attach point on said anchor bracket and wherein said second end is connected to said belt harness.

7. A swimming exercise apparatus as recited in claim 6, wherein said anchor bracket further comprises a second attach point affixed to said front wall, and further comprising a second harness leader, having a first end and a second end, wherein said first end is attached to said second attach point on said anchor bracket and wherein said second end is connected to said belt harness.

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